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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FILE COPY

FOR IMMEDIATE RELEASE:

TOP PRESENTERS FEATURED AT EXPO

CHARLESTON, IL--An Iowan described as one of the top women on the rural scene and a TV talk show hostess headline the Women's Expo and Health Fair March 4 on the Eastern Illinois University campus.

Joan Blundall, an educator and consultant in tune with the needs, concerns and interests of rural women, will present the keynote address at the Women's Expo.

As a leader in the area of rural recovery and rural rebirth, she is knowledgeable about problems facing rural communities and skilled at the development of transitional programs for women of all ages.

In addition to her keynote address, Blundall will present the workshop, "Life Begins at Forty," where she will demonstrate that there is life after age 29, 39 and 49.

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Kate Steigerwald, community affairs director at WICS TV 20 in Springfield, will kick-off the first annual Teen's Expo held in conjunction with the Women's Expo.

Steigerwald, the host of a variety of talk shows and writer, producer and director of public service programming, will challenge the teens to "Dream the Impossible Dream."

Among the presenters for the Women's Expo are Bernadette "Bernie" Young of Young and Associates, Chicago. "She was so well received at last year's Expo that she will return this year to present two new workshops that deal with enhancing interpersonal relationships and becoming an effective leader in clubs, church groups and organizations," said Sandy Rives, Expo coordinator.

Dr. Larry Lovell-Troy, associate professor of sociology at Millikin University, Decatur, will offer ways women can better understand men in crisis situations.

Tom and Adrienne Frydenger of Decatur, consultants specializing in family life, will give suggestions on how to deal with guilt.

Donna Patton, senior sales representative with Reader's Digest, Chicago, is among a panel of four professionals who will project changes in the future workplace in the '90s and into the 21st century in the workshop, "What's Ahead."

In the workshop, "'Twixt and 'Tween," the four presenters have had personal experiences dealing with the aging parent and child caught between their aging parents' and families' needs and their own needs.

Panelists composed of college-age students, young professional women (unmarried and married) and others in the know will lead three sessions for teens.

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They will give the "inside story" on living alone, selecting a college, living on campus, taking classes, affiliating with a sorority, expressing emotions, relating with others, relieving stress and looking good and feeling good.

"These are just a few of the many well qualified presenters featured during the Women's Expo and Teen Expo. We have excellent representation from throughout Central Illinois," said Rives.

Additional information about the women's and teen's division may be obtained by writing to Eastern Illinois University, Room 111 Old Main, Charleston, IL 61920, or by calling (217) 581-5981.

Each division is \$10 per person and includes a meal and materials.

To assure workshop preferences, persons are encouraged to register by Feb. 24.